

# The Association Between Hypocalcemia and Outcome in COVID-19 Patients: a Retrospective Study

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## Research Article

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# Abstract

**Background:** Calcium has been shown to have a vital role in the pathophysiology of SARS-CoV and MERS-CoV diseases but less is known about hypocalcemia in COVID-19 patients and its association with the disease severity and the final outcome. Therefore, this study was conducted with an aim to assess the clinical features in the COVID-19 patients having hypocalcemia and to observe its impact on COVID-19 disease severity and final outcome.

**Method:** In this retrospective study, consecutive COVID-19 patients of all age groups were enrolled. Demographical, clinical and laboratory details were collected and analysed. On the basis of albumin-corrected calcium level patients were classified into normocalcemic (n=51) and hypocalcemic (n=110). Death was the primary outcome.

**Results:** The mean age of hypocalcemic were significantly lower ( $p<0.05$ ). A significantly higher number of normocalcemic patients had severe COVID-19 disease (92.73%,  $p<0.01$ ), had comorbidities (82.73%,  $p<0.05$ ) and required ventilator support (39.09%,  $p<0.01$ ) compared to the hypocalcemic patients. The mortality rate was significantly higher (33.63%,  $p<0.05$ ) in the hypocalcemic patients when compared with the normocalcemic patients (15.69%).

Haemoglobin ( $p<0.01$ ), hematocrit ( $p<0.01$ ) and red cell count ( $p<0.01$ ) were significantly lower with higher levels of absolute neutrophil count ( $<0.05$ ) and neutrophil to lymphocyte ratio ( $p<0.01$ ) in the hypocalcemic patients.

Albumin-corrected calcium level had a significant positive correlation with haemoglobin level, haematocrit, red cell count, total protein, albumin and albumin to globulin ratio and a significant negative correlation with absolute neutrophil count and neutrophil to lymphocyte ratio.

**Conclusion:** The disease severity, ventilator requirement and mortality were considerably higher in hypocalcemic COVID-19 patients.

## Introduction

During the ongoing COVID-19 pandemic caused by the novel enveloped RNA beta-coronavirus named Severe Acute Respiratory Syndrome-Coronavirus-2 (SARS-CoV-2), the world is facing unexpected challenges due to the previously unrecognized viral illness. It's been almost a year since the cluster of pneumonia of unknown aetiology was found in Wuhan, China [1]. The World Health Organization (WHO) and Ministry of Health and Family Welfare, Government of India has regularly issued diagnosis and treatment recommendations for COVID-19 disease [2, 3]. The disease is still spreading rapidly around the world with a mortality rate varying from 0.7–10% [4]. Various studies have described the clinical characteristics and discussed the potential early and sensitive biomarkers (like C-reactive protein, procalcitonin, interleukin-6, ferritin, D-dimer, lymphopenia, neutrophil to lymphocyte ratio etc.) to estimate the disease severity and prognosis of COVID-19 disease [5–10]. A very few studies have shown the

presence of higher incidence of hypocalcemia in COVID-19 patients and a higher rate of hospitalization in those patients. Some have highlighted the association of hypocalcemia with disease severity and poor prognosis in COVID-19 disease [11, 12]. Calcium has been shown to play a vital role in the pathophysiology of SARS-CoV and MERS-CoV diseases also [13, 14].

Thus there could be a possibility that hypocalcemia in COVID-19 patients may also be associated with higher disease severity and poor outcome. However, the available information concerning about this is not enough at present. Therefore, the aim of the present study was to assess the clinical features in COVID-19 patients having hypocalcemia and to determine its impact on COVID-19 disease severity and final outcome.

## Materials And Methods

This is a retrospective descriptive observational study. The study was conducted at JPNATC, AIIMS, Delhi which is now a dedicated COVID-19 care centre during the pandemic. The patients are admitted here after being diagnosed COVID-19 positive by real-time polymerase chain reaction (RT-PCR) according to the WHO guidelines. Total 161 patients of all age groups admitted during the 23 March to 30 April, 2020 were enrolled in the study. They were classified into mild, moderate and severe COVID-19 disease according to the WHO and the Ministry of Health and Family Welfare, Government of India, guidelines [2, 3].

Demographical, clinical and laboratory details on the day of admission were collected from hospital data base and analysed thoroughly. On the basis of albumin-corrected calcium level, patients were classified into normocalcemic, (n = 51, albumin-corrected calcium level: 8.6–10.3 mg/dl) and hypocalcemic (n = 110, albumin-corrected calcium level: below 8.6 mg/dl). Albumin-corrected serum calcium was calculated by the formula: Albumin-corrected calcium (mg/dl) = Measured total calcium (mg/dl) + 0.8 (4.0 – serum albumin (g/dl)). Death was the primary outcome. The secondary outcomes were severity of disease and requirement for ventilator support. The study was conducted after obtaining the approval from the Ethics Committee of the Institute. Patients with incomplete information were excluded from the study.

## Statistical Analysis:

All statistical analyses were performed by GraphPad Prism 5.0 Software. Data are presented as count (percentages) for categorical variables. Results for continuous variables are expressed as mean  $\pm$  SD or median  $\pm$  IQR (Inter Quartile Range) as indicated. Categorical variables between groups are compared using the  $\chi^2$  test or Fisher exact test, and continuous variables are analysed using Student's t test or Mann-Whitney U test as appropriate. The Pearson's or spearman's test was used to determine the correlation coefficient. A value of  $p < 0.05$  was considered statistically significant.

## Results

# Demographical and clinical characteristics in the hypocalcemic patients

Out of 161, 68.32% (110) patients were hypocalcemic. The mean age of the patients was  $49.20 \pm 17.07$  years. Out of them, 21.82% patients were elderly and 67.27% were males. The mortality rate was 33.63%. Among the non-survivors hypocalcemic patients, 75.67% were males and 40.54% were elderly. Of all the hypocalcemic patients, 92.73% were classified as severe COVID-19 disease and 39.09% required ventilator support during the hospital stay. At least one comorbidity was present in 82.73% of hypocalcemic COVID-19 patients. Diabetes, hypertension and malignancy present in 26.36%, 29.09% and 14.54% patients respectively.

## Laboratory features in the hypocalcemic patients

The mean haemoglobin level was  $10.31 \pm 2.58$  gm% in hypocalcemic patients. Of all, haemoglobin level was less than 12 gm% in 73.64% of the patients and less than 7 gm% in 10% of the patients. The mean packed cell volume was  $31.34 \pm 7.76$  % and the mean red cell count was  $3.59 \pm 0.97$  million cells/ $\mu$ l. The median leucocyte count was  $9.55(6.8-12.3) \times 10^3$  cells/cumm and median neutrophil to lymphocyte ratio (NLR) was  $2.78(1.79-4.75)$ . The mean total calcium was  $7.67 \pm 0.69$  mg/dl. We observed hypoproteinemia in 73.64% patients with 96.36% patients had hypoalbuminemia. Aspartate transaminase was increased in 63.64% patients. Uremia was observed in 39.09% patients.

## Comparison between the normocalcemic and hypocalcemic patients

The details are given in Tables 1 and 2. The mean age of the normocalcemic patients was significantly lower than the hypocalcemic patients ( $43.35 \pm 17.98$  v/s  $49.20 \pm 17.07$  years respectively;  $p < 0.05$ ). Significantly higher number of patients (92.73%) in the hypocalcemic group were affected from severe COVID-19 disease compared to 76.47% in the normocalcemia group ( $p < 0.01$ ). In comparison with the normocalcemic patient, higher number of hypocalcemic COVID-19 patients had comorbidities (82.73% v/s 64.70%,  $p < 0.05$ ) and required ventilator support during treatment (39.09% v/s 15.69%,  $p < 0.01$ ). The mortality rate was significantly higher ( $p < 0.05$ ) in the hypocalcemic patients (33.63%) as compared to the normocalcemic patients (15.69%). Among the non-survivors hypocalcemic patients, 75.67% were males and 40.54% were elderly patients.

Table 1  
Comparisons of demographical and clinical details of normocalcemic and hypocalcemic patients

Parameter	Normocalcemic patients (n = 51)	Hypocalcemic patients (n = 110)	p value
<b>Age(years)</b>	43.35 ± 17.98	49.20 ± 17.07	<b>&lt; 0.05</b>
<b>Elderly (&gt; 60 years of age)</b>	9 (17.65%)	24 (21.82%)	0.5419
<b>Males</b>	35(68.63%)	74 (67.27%)	0.8642
<b>Comorbidities</b>	33(64.70%)	91 (82.73%)	<b>&lt; 0.05</b>
• <b>Diabetes Mellitus</b>	9(17.65%)	29 (26.36%)	0.2256
• <b>Hypertension</b>	12(23.53%)	32 (29.09%)	0.4613
• <b>Malignancy</b>	5(9.80%)	16 (14.54%)	0.4624
<b>Severe patients</b>	39(76.47%)	102 (92.73%)	<b>&lt; 0.01</b>
<b>Ventilator support</b>	8(15.69%)	43 (39.09%)	<b>&lt; 0.01</b>
<b>Non-survivors</b>	8(15.69%)	37 (33.63%)	<b>&lt; 0.05</b>

**Note:** Continuous data are presented as mean ± standard deviation or median ± IQR (Inter Quartile Range). Categorical data are presented as frequency (%).

Table 2  
Comparisons of laboratory parameters among normocalcemic and hypocalcemic patients

Parameter	Normocalcemic patients (n = 51)	Hypocalcemic patients( n = 110)	P Value
<b>Hematological Parameters</b>			
Haemoglobin (gm%)	11.64 ± 2.64	10.31 ± 2.58	< 0.01
Anemia (haemoglobin < 12 gm %)	23 (45.09%)	81 (73.64%)	< 0.001
Hematocrit %	35.32 ± 7.58	31.34 ± 7.76	< 0.01
Hematocrit < 38%	27 (52.94%)	88 (80%)	< 0.001
Red Blood Cells (million/ $\mu$ l)	4.10 ± 0.93	3.59 ± 0.97	< 0.01
Red Blood Cells < 4.5 million/ $\mu$ l)	27 (52.94%)	88 (80%)	< 0.001
Total Leucocyte Count (cells/ $\mu$ l)	7500 (5100–12100)	9550 (6800–12300)	0.1297
Leucocytosis > 11000 cells/ $\mu$ l	14 (27.45%)	34 (30.91%)	0.9040
Leucopenia < 4000 cells/ $\mu$ l	5 (9.8%)	10 (9.09%)	
Absolute neutrophil count	4500 (2838–7854)	5590 (3881–9143)	< 0.05
Absolute lymphocyte count	2268 (1504–3360)	2112 (1310–2913)	0.1668
Absolute monocyte count	384 (279–840)	545 (310–912)	0.1107
Absolute eosinophil count	166 (72–264)	122 (77–218)	0.4640
Neutrophil to lymphocyte ratio	2.13 (1.33–2.75)	2.78 (1.79–4.75)	< 0.01
Platelets( $\times 10^3$ cells/ $\mu$ l)	169.0 (122.0– 246.0)	168.0 (105.8-217.3)	0.2434
Thrombocytopenia < 150 $\times 10^3$ cells/ $\mu$ l)	19 (37.25%)	47 (42.73%)	0.6060
<b>Coagulation Profile</b>			
Prothrombin Time (Sec)	15.40 (12.70–20.60)	15.20 (12.80–17.60)	0.7743
Prolonged Prothrombine time	6 (11.76%)	8 (7.27%)	0.3467
Activated Partial Thromboplastin Time (sec)	32.65 (27.78–40.10)	30.10 (23.60–38.60)	0.2180
Prolonged aPTT	4 (7.84%)	10 (9.09%)	1.000
International Normalised Ratio	1.15 (0.93–1.57)	1.12 (0.93–1.31)	0.3425

Parameter	Normocalcemic patients (n = 51)	Hypocalcemic patients( n = 110)	P Value
<b>Liver Function Test</b>			
Bilirubin Total (mg/dl)	0.80 (0.60–0.90)	0.75 (0.50–1.20)	0.9948
Hyperbilirubinemia	10 (19.61%)	37 (33.64%)	0.0685
Total Protein (gm/dl)	6.62 ± 1.15	5.99 ± 0.95	< <b>0.001</b>
Hypoproteinemia	21 (41.18%)	81 (73.64%)	< <b>0.0001</b>
Albumin (gm/dl)	3.17 ± 0.85	2.51 ± 0.55	< <b>0.0001</b>
Hypoalbuminemia	40 (78.43%)	106 (96.36%)	< <b>0.0001</b>
Globulin (gm/dl)	3.44 ± 0.79	3.48 ± 0.76	0.7792
A/G Ratio	0.96 ± 0.33	0.75 ± 0.23	< <b>0.0001</b>
Aspartate Transaminase (IU/L)	36 (26–75)	48 (30.00-75.50)	0.1247
High Aspartate Transaminase	23 (45.10%)	70 (63.64%)	< <b>0.05</b>
Alanine Transaminase (IU/L)	32 (21–57)	34.00 (19.75–57.75)	0.9841
High Alanine Transaminase	17 (33.33%)	44 (40%)	0.4172
Alkaline Phosphatase (IU/L)	73 (62–108)	81.50 (58.0-117.8)	0.3762
High Alkaline Phosphatase	8 (15.69%)	25 (22.73%)	0.3032
<b>Renal Function Test</b>			
Urea (mg/dl)	32.00 (22.00–47.00)	36.00 (26.00-90.50)	0.0819
Uremia	11 (21.57%)	43 (39.09%)	< <b>0.05</b>
Creatinine (mg/dl)	0.80 (0.50-1.00)	0.80 (0.60–1.85)	0.1481
Hypercreatinemia	10 (19.61%)	32 (29.09%)	0.2024
Uric Acid (mg/dl)	4.00 (3.50–5.30)	4.90 (3.57–7.62)	0.0712
Hypouricemia	1 (1.96%)	4 (3.64%)	0.1870
Hyperuricemia	7 (13.73%)	28 (25.45%)	
Calcium (mg/dl)	9.09 ± 0.44	7.67 ± 0.69	< <b>0.0001</b>

Parameter	Normocalcemic patients (n = 51)	Hypocalcemic patients (n = 110)	P Value
Phosphate (mg/dl)	3.70 (2.80–4.60)	3.50 (2.57–5.25)	0.9638
Hypophosphatemia	11 (21.57%)	24 (21.82%)	0.8155
Hyperphosphatemia	13 (25.49%)	33 (30%)	
<b>Electrolytes</b>			
Sodium (mEq/L)	137.10 ± 5.63	134.90 ± 13.16	0.2485
Hyponatremia	16 (31.37%)	45 (40.91%)	0.4172
Hypernatremia	2 (3.92%)	6 (5.45%)	
Potassium (mEq/L)	4.31 ± 0.82	4.36 ± 0.89	0.7133
Hypokalemia	6 (11.77%)	14 (12.73%)	0.8632
Hyperkalemia	0 (0)	0 (0)	

**Note:** Continuous data are presented as mean±standard deviation or median ± IQR (Inter Quartile Range). Categorical data are presented as frequency (%).

Significantly lower haemoglobin level was observed in the hypocalcemic patients as compared to the normocalcemic patients ( $p < 0.01$ ). Also, a considerably lower hematocrit ( $p < 0.01$ ) and red cell count ( $p < 0.01$ ) were found in the hypocalcemic COVID-19 patients. Significantly higher (73.64%) numbers of patients were presented with anemia in hypocalcemic group ( $p < 0.01$ ). Absolute neutrophil count (ANC) ( $< 0.05$ ) and NLR ( $p < 0.01$ ) were significantly higher in the hypocalcemic patients. Significantly lower levels of total protein and albumin were observed in the COVID-19 patients having hypocalcemia ( $p < 0.001$  and  $p < 0.0001$  respectively). In comparison of normocalcemic patients, significantly higher number of hypocalcemic patients had hypoproteinemia (73.64% v/s 41.18%,  $p < 0.0001$ ) and hypoalbuminemia (96.36% v/s 78.43%,  $p < 0.0001$ ). Albumin to globulin ratio was significantly decreased in the hypocalcemic patients as compared to the normocalcemic patients ( $p < 0.0001$ ). Raised aspartate transaminase were observed in 63.64% of hypocalcemic patients compared to 45.10% of normocalcemic patients ( $p < 0.05$ ). 39.09% of hypocalcemic patients had uremia compared to 21.57% of normocalcemic patients ( $p < 0.05$ ).

## Correlation of albumin-corrected calcium with different laboratory parameters

Albumin corrected calcium level had significant positive correlation with haemoglobin level ( $r = 0.20$ ,  $p < 0.05$ ), hematocrit ( $r = 0.22$ ,  $p < 0.01$ ), red cell count ( $r = 0.25$ ,  $p < 0.01$ ), total protein ( $r = 0.36$ ,  $p < 0.0001$ ), albumin ( $r = 0.46$ ,  $p < 0.0001$ ) and albumin to globulin ratio ( $r = 0.32$ ,  $p < 0.0001$ ). Significant negative correlation of the total calcium was observed with ANC ( $r = -0.17$ ,  $p < 0.05$ ) and NLR ( $r = -0.27$ ,  $p < 0.001$ ) (Fig. 1).

## Discussion

This study represents the first description of the hypocalcemic patients with COVID-19 disease from an apex COVID-19 care centre in north India. The trends in the study show that the COVID-19 positive patients with hypocalcemia were severely affected by the disease and more patients required ventilator support during the hospital stay. Higher mortality was found in the hypocalcemic patients and of all the non-survivors, more than one-third were elderly and more than three-fourth were males. Similar to our finding, a study shows that hypocalcemia presents more frequently in male COVID-19 patients [12].

In the COVID-19 patients, hypocalcemia may be a result of an imbalance in parathyroid hormone and vitamin D levels in blood [15]. Also, the increased levels of unbound fatty acids and unsaturated fatty acids seen in severe COVID-19 patients may bind with the calcium and result into acute hypocalcemia [16]. In these patients, hypocalcemia positively correlates with reduced pulmonary functional index, lymphopenia, albumin levels, vitamin D levels and negatively correlates with parathyroid hormone, C-reactive protein, lactate dehydrogenase and D-dimer [11, 15, 17]. The current study also found a significant positive correlation between calcium and haemoglobin, hematocrit, red cell count, total protein level, albumin level and albumin to globulin ratio and significant a negative correlation of calcium with absolute neutrophil count and neutrophil to lymphocyte ratio.

The consequences in SARS-CoV-2 may be the same as SARS-CoV due to similarities in the genome of both the viruses [18]. Various viral pneumonia present with hypocalcemia [19]. Hypocalcemia has been reported in 60% of SARS disease and 62% of Ebola virus disease [20]. Altered calcium concentrations are usually observed during host cell dysfunction after viral infections [21]. Viruses use the calcium signal to generate a better environment for their benefits [22]. Changes of ion homeostasis, mainly in calcium homeostasis promote the viral growth [23]. For various enveloped viruses such as SARS-CoV, MERS-CoV and Ebolavirus, calcium plays a very important role in the viral fusion and promotes their replication by directly interacting with fusion peptides of these viruses [20]. By using the calcium signal system of the host, virus can affect the occurrence and progression of the disease [24]. Calcium is required for the virus structure formation, viral entry, gene expression, virion maturation and release. Calcium ion activity is demonstrated in small transmembrane protein coded by SARS-CoV E gene in animal models infected with SARS-CoV and its synthesis is increased during viral infection [18]. By using calcium channels or pump, viruses disturb the homeostasis of calcium in the body and induced host cell morbidity [21]. A high viral load and prolonged period of viral shedding may present in COVID-19 hypocalcemic patients. Along with hypochloremia and bilateral pneumonia, hypocalcemia on admission has been shown to be an independent risk factor for long-term hospitalization in COVID-19 patients [25].

Abnormal calcium level is commonly observed in the critically ill patients. Studies show the association of hyper and hypocalcemia with higher organ injury and increased mortality in critical illnesses [15, 26, 27]. Up to 85% of the critically ill patients have presented with hypocalcemia and have higher mortality [28]. Very high prevalence of hypocalcemia, nearly up to 80%, has also been observed in the COVID-19 patients [20]. In our study, we found two-thirds of the COVID-19 patients to be hypocalcemic.

Hypocalcemia has been included among the two most powerful risk factors to assess the severity of COVID-19 disease along with dyspnoea [24].

Calcium levels should be monitored in all cases of acute and recovered COVID-19 patients [29]. Hospitalized patients with serum ionised calcium level below 4.80 mg/dl have increased risk of acute respiratory failure and had more requirement of mechanical ventilation [30]. Timely supplementation of calcium has been suggested in severe COVID-19 patients to prevent organ failure as an early diagnosis and treatment of hypocalcemia may alleviate organ injury [31].

**Limitation and future needs:** There were a few limitations in this study. One of the potential limitations of our study is that our data comes from a single center study, and the sample size is relatively small, we believe that larger studies are needed to confirm our findings. In addition, measurement of ionized serum calcium should be done because it is more accurate than albumin-corrected calcium. And further studies are needed to find the causes of hypocalcemia in COVID-19 patients and to see whether the correction of hypocalcemia would lead to the improvement of outcomes.

## Conclusion

Theseverity, ventilator requirement and mortality were considerably higher in the hypocalcemic COVID-19 patients. The current study indicates age, comorbidities, low haemoglobin level, higher neutrophil to lymphocyte ratio, and hypoalbuminemia are associated with the poor outcome.

## Declarations

- **Funding Sources:** None
- **Conflicts of Interest:** The authors report no conflicts of interest. The authors alone are responsible for the content and writing of the paper.
- **Availability of data and material:** available if required. Confidential
- **Code availability:** nil
- **Authors contributions:** BSP wrote the manuscript; BSP, TM, AS did data analysis; BSP, TM, RA, KS, NN, DS, Surbhi helped in data collection, clinical correlation and interpretation; RMP helped in statistical studies and interpretation; NW, RM, AT helped in editing/review of the manuscript. AS is guarantee for the study.
- **Ethics Approval:** The study was conducted after obtaining the approval from the 'Institutional Ethics Committee'.
- **Consent to participate:** Informed and written consent is not needed from study subject.
- **Consent for publication:** Not applicable

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## Figures

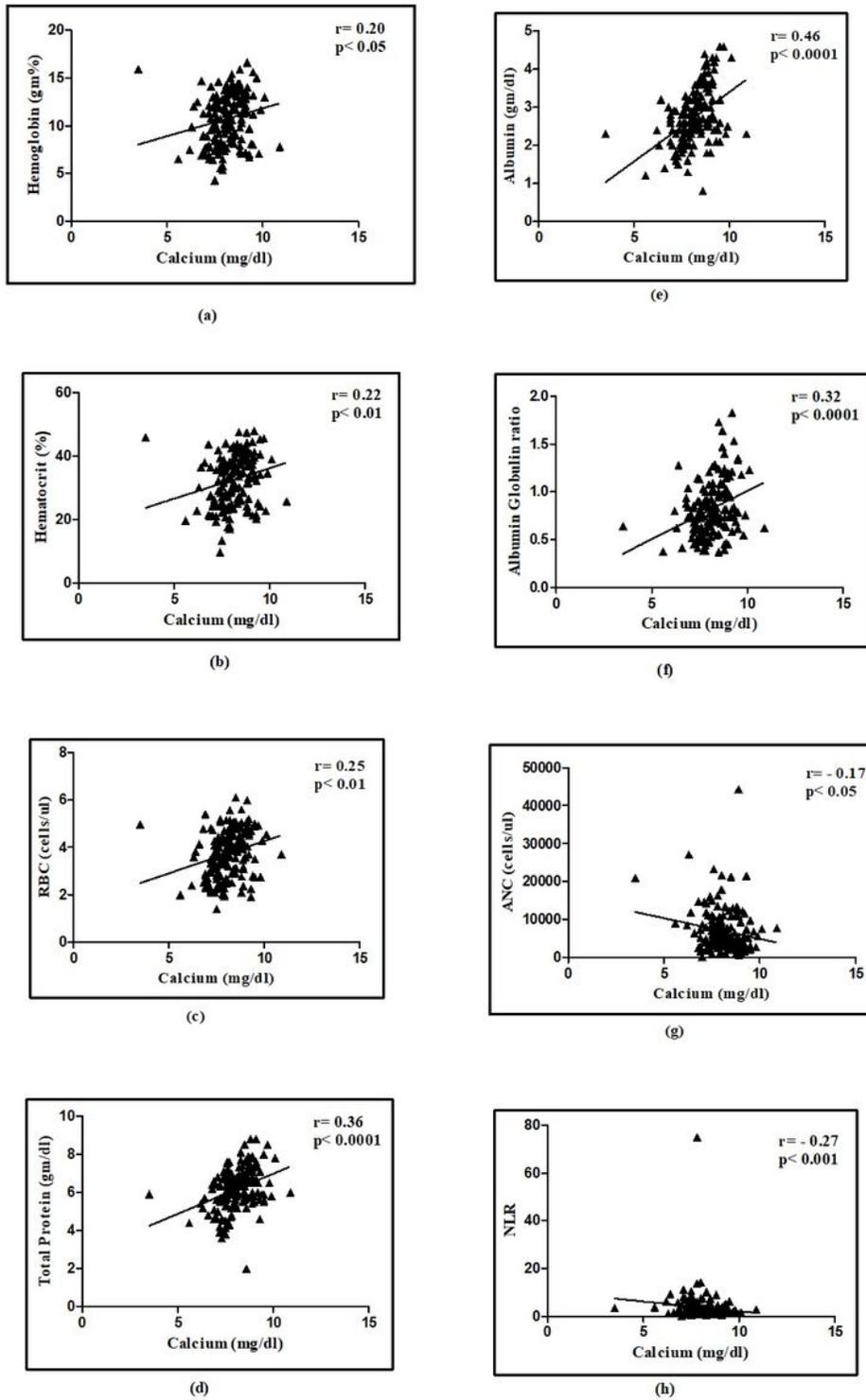


Figure 1

Correlation of albumin corrected calcium with different laboratory parameters